

*Size Wize is a dynamic 6 month program designed to help you lose weight, feel great, and improve health.*

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*My life is finally moving in the direction GOD intended and I truly appreciate the new beginning. Thanks Dr. Daniels for referring me to Size Wize!* ”

*—Leslie Calloway,  
Lost 55lbs in 6 Months*

Size Wize  
Patient Education Brochure

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## PATIENT EDUCATION BROCHURE

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*a division of Wellspring Family Medicine*

# WHAT IS SIZE WIZE?

Size Wize Weight Management Program is a comprehensive primary care based program designed to help members lose weight and reduce the risk of complications from chronic medical problems such as diabetes and high blood pressure.

Current research has shown that being overweight is related to many medical problems. The research also revealed that effective weight management can improve several medical problems such as diabetes, high blood pressure and heart disease.

## PROGRAM STRUCTURE

The Size Wize Program will include the following components:

1. Medical Assessment
2. Flexible Meal Planning
3. Health Coaching
4. Fitness Camps

## MEDICAL ASSESSMENT



Each Participant will receive an initial assessment that will give our team a snapshot of the medical issues that may be associated with being overweight. In addition, a BOD POD assessment will be done to determine the amount of body fat the participant carries. Improvements in the medical status of each participant will be followed over the course of the program.



## HEALTH COACHING

The program will include regular health coaching sessions given by a certified health coach. The sessions will focus on healthy living and wise food choices. Participants will set attainable health goals during the sessions. In addition, a grocery store tour will be available for participants.

## FITNESS CAMPS

Physical activity is important in maintaining a healthy weight. Participants will be given an exercise prescription to assist them in developing a safe exercise program. In addition, regular fitness camps will be offered to help members become physically fit.

## FLEXIBLE MEAL PLANS

The Size Wize program uses a computerized meal planning system that will assist participants in customizing a meal plan. This meal plan can be placed on a person's smartphone for easy access to good meal planning. The meal plan can be changed and adjusted to meet the changing needs of participants.

## PROGRAM COST

1. \$40 per month with a 6 month commitment
2. \$35 per month for multiple family members
3. Discounts available for Medicare Recipients.